

EATINGWELL®

WHERE GOOD TASTE MEETS GOOD HEALTH



COMFORT FOOD
MADE HEALTHY

Historically, comfort food has been the bane of the conscious-eater's existence. Packed with butter, sugar, saturated fats, unwanted calories and more often than not, deep-fat fried, it was a "once in a while" treat. *EatingWell* has taken some favorite comfort foods and breathed new life into them, using whole-grains, healthier fats, and more vegetables and fruits as filler. The result is this mini-cookbook, packed with hard-to-resist treats that no longer have to be resisted! We hope you enjoy having comfort food again, without the guilt.

—The Editors of *EatingWell*, Charlotte, VT

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Date-Oat Muffins

ACTIVE TIME: 30 MINUTES | **TOTAL:** 55 MINUTES

Toasting the oats for this hearty muffin enhances their nutty flavor; orange zest contributes a citrus fragrance that plays well with the sweet dates.

- 1 cup plus 2 tablespoons old-fashioned oats
- 1/3 cup chopped walnuts (optional)
- 1 cup whole-wheat flour
- 3/4 cup all-purpose flour
- 1/3 cup whole flaxseeds, ground (see *Note*)
- 2 teaspoons baking powder
- 1/2 teaspoon baking soda
- 1/4 teaspoon salt
- 2 large eggs
- 2/3 cup packed light brown sugar
- 3/4 cup buttermilk
- 1/2 cup orange juice
- 1/4 cup canola oil
- 2 tablespoons freshly grated orange zest
- 1 teaspoon vanilla extract
- 3/4 cup chopped pitted dates



1. Preheat oven to 400°F. Coat 12 muffin cups with cooking spray.
2. Spread 1 cup oats and the walnuts, if using, in 2 separate small baking pans. Bake, stirring once or twice, until light golden and fragrant, 4 to 6 minutes for the nuts and 8 to 10 minutes for the oats. Transfer to a plate to cool.
3. Meanwhile, whisk whole-wheat flour, all-purpose flour, flaxseeds, baking powder, baking soda and salt in a medium bowl.
4. Whisk eggs and brown sugar in a medium bowl until smooth. Whisk in buttermilk, orange juice, oil, orange zest and vanilla. Add to the dry ingredients and mix with a rubber spatula just until moistened. Fold in dates, the toasted oats and nuts, if using. Scoop batter into the prepared muffin cups (they'll be quite full). Sprinkle the tops with the remaining 2 tablespoons oats.
5. Bake the muffins until the tops are golden brown and spring back when touched lightly, 15 to 25 minutes. Let cool in the pan for 5 minutes. Loosen edges and turn muffins out onto a wire rack to cool slightly before serving.

MAKES 1 DOZEN MUFFINS.

PER MUFFIN: 252 CALORIES; 9 G TOTAL FAT (2 G SAT, 4 G MONO); 36 MG CHOLESTEROL; 40 G CARBOHYDRATE; 6 G PROTEIN; 5 G FIBER; 194 MG SODIUM; TK MG POTASSIUM.

INGREDIENT NOTE:

Flaxseeds are one of the best plant sources of omega-3 fatty acids. Purchase whole seeds (instead of ground flaxmeal), store in the refrigerator and grind in a clean coffee grinder or dry blender just before using.

Creamy Potato Salad

ACTIVE TIME: 30 MINUTES | **TOTAL:** 1¼ HOURS (including ½ hour chilling time) | **TO MAKE AHEAD:** the salad will keep, covered, in the refrigerator for up to 2 days.

Tossing potatoes with a little good vinegar while they are still warm infuses them with flavor. Capers, gherkins and a touch of anchovy give this old-fashioned salad a piquant finish, while red bell pepper and celery give it an appealing crunch.

- 2 large eggs
- 1½ pounds fingerling *or* other small waxy thin-skinned potatoes (about 10), scrubbed
- ½ cup reduced-fat mayonnaise *or* soy mayonnaise
- ½ cup low-fat plain yogurt
- 1 tablespoon extra-virgin olive oil
- 1 teaspoon anchovy paste
- Freshly ground pepper to taste
- 2 tablespoons white-wine vinegar *or* rice vinegar
- ½ teaspoon salt, *or* to taste
- 1 medium red bell pepper, seeded and diced (1½ cups)
- ½ cup finely diced red onion
- ½ cup chopped celery (1-2 stalks)
- ¼ cup chopped fresh parsley
- 2 tablespoons diced gherkin pickles
- 2 tablespoons drained capers, rinsed
- 1 tablespoon chopped fresh chives



1. Hard-cook eggs (*see Tip*). Peel eggs and chop coarsely.
2. Meanwhile, place potatoes in a large saucepan, cover with lightly salted water and bring to a simmer over medium-high heat. Reduce heat to medium and cook, covered, until just tender, 15 to 20 minutes. Drain; let cool for about 10 minutes.
3. Meanwhile, whisk mayonnaise, yogurt, oil, anchovy paste and pepper in a small bowl until smooth.
4. Cut potatoes into cubes and place in a large bowl. Add vinegar and salt; toss gently to coat. Add bell pepper, onion, celery, parsley, gherkins, capers, chives, chopped eggs and the mayonnaise mixture; toss to coat well. Cover and refrigerate until chilled, at least 30 minutes.

MAKES 12 SERVINGS, ½ CUP EACH.

PER SERVING: 119 CALORIES; 5 G FAT (1 G SAT, 2 G MONO); 40 MG CHOLESTEROL; 14 G CARBOHYDRATE; 4 G PROTEIN; 1 G FIBER; 321 MG SODIUM; TK MG POTASSIUM. **NUTRITION BONUS:** VITAMIN C (70% DAILY VALUE), VITAMIN A (20% DV).

TO MAKE HARD-COOKED EGGS

Place eggs in a single layer in a saucepan; cover with water. Bring to a simmer over medium-high heat. Reduce heat to low, cover and cook at the barest simmer for 10 minutes. Pour off hot water and run cold water over the eggs until completely cooled.

Creamed Corn

ACTIVE TIME: 15 MINUTES | **TOTAL:** 15 MINUTES

Our take on this classic is subtly flavored and every bit as creamy as the full-fat original.

- 3 cups fresh corn kernels, divided
- $\frac{3}{4}$ cup low-fat milk
- 1 tablespoon cornstarch
- $\frac{1}{4}$ teaspoon salt

Place 2 cups corn, milk, cornstarch and salt in a blender; blend until smooth. Transfer the puree to a medium saucepan, and add the remaining 1 cup corn. Cook over medium-high heat, stirring constantly, until the mixture simmers and thickens and the corn is tender, 5 to 7 minutes.



MAKES 4 SERVINGS, $\frac{1}{2}$ CUP EACH.

PER SERVING: 131 CALORIES; 2 G FAT (1 G SAT, 0 G MONO); 4 MG CHOLESTEROL; 26 G CARBOHYDRATE; 5 G PROTEIN; 3 G FIBER; 186 MG SODIUM; 312 MG POTASSIUM. **NUTRITION BONUS:** VITAMIN C (15% DAILY VALUE).

REMOVING CORN FROM THE COB

Stand an uncooked ear of corn on its stem end in a shallow bowl and slice the kernels off with a sharp, thin-bladed knife. This technique produces whole kernels that are good for adding to salads and salsas. If you want to use the corn kernels for soups, fritters or puddings, you can add another step to the process. After cutting the kernels off, reverse the knife and, using the dull side, press it down the length of the ear to push out the rest of the corn and its milk.

Oven-Crisped Potato Latkes

ACTIVE TIME: 50 MINUTES | **TOTAL:** 1½ HOURS

Shredding the potatoes and onions in a food processor as opposed to a box grater makes this recipe faster.

- 1½ pounds russet potatoes, scrubbed and shredded (about 2)
- 1 medium white onion, shredded
- 2 medium shallots, minced (about ¼ cup)
- 1 teaspoon salt
- 1 large egg, lightly beaten
- 2 pieces whole-wheat matzo (6-by-6-inch), broken into pieces
- ½ teaspoon white pepper
- 3 tablespoons peanut oil or extra-virgin olive oil, divided



1. Toss shredded potato, onion, shallots and salt in a medium bowl. Transfer to a sieve set over a large bowl; let drain for about 15 minutes. Squeeze the potato mixture, a handful at a time, over the bowl to release excess moisture (don't oversqueeze—some moisture should remain). Transfer the squeezed potato to another large bowl. Carefully pour off the liquid, leaving a pasty white sediment—potato starch—in the bottom of the bowl. Add the starch to the potato mixture. Stir in egg.
2. Put matzo pieces in a sealable plastic bag and crush with a rolling pin into coarse crumbs. Sprinkle the crumbs and pepper over the potato mixture and toss to combine. Cover and refrigerate until the matzo is softened, 20 to 30 minutes.
3. Preheat oven to 425°F. Coat a baking sheet with cooking spray.
4. Heat 1 tablespoon oil in a large skillet over medium-high heat. Stir the potato mixture. Cook 4 latkes per batch: place ¼ cup potato mixture in a little of the oil and press with the back of the spatula to flatten into a 3½-inch cake. Cook until crispy and golden, 1½ to 3 minutes per side. Transfer the latkes to the prepared baking sheet. Continue with 2 more batches, using 1 tablespoon oil per batch and reducing the heat as needed to prevent scorching. Transfer the baking sheet to the oven and bake until heated through, about 10 minutes.

MAKES 12 LATKES.

PER LATKE: 108 CALORIES; 4 G FAT (1 G SAT, 2 G MONO); 18 MG CHOLESTEROL; 16 G CARBOHYDRATE; 3 G PROTEIN; 2 G FIBER; 204 MG SODIUM; TK MG POTASSIUM. **NUTRITION BONUS:** VITAMIN C (20% DAILY VALUE).

Picnic Oven-Fried Chicken

ACTIVE TIME: 20 MINUTES | **TOTAL:** 1 HOUR 35 MINUTES (including ½ hour marinating time)

TO MAKE AHEAD: The chicken can be marinated for up to 8 hours.

Whether you take it along on a picnic or serve it at home for a family supper, this updated “fried” chicken is a crowd pleaser. Marinating the chicken in buttermilk keeps it juicy, and the light coating of flour, sesame seeds and spices, misted with olive oil, forms an appealing crust during baking.

- ½ cup buttermilk
- 1 tablespoon Dijon mustard
- 2 cloves garlic, minced
- 1 teaspoon hot sauce, such as Tabasco
- 2½-3 pounds chicken legs, skin removed, fat trimmed
- ½ cup whole-wheat flour
- 2 tablespoons sesame seeds
- 1½ teaspoons paprika
- 1 teaspoon dried thyme leaves
- 1 teaspoon baking powder
- ⅛ teaspoon salt, or to taste
- Freshly ground pepper to taste
- Olive oil cooking spray



1. Whisk buttermilk, mustard, garlic and hot sauce in a shallow glass dish until well blended. Add chicken and turn to coat. Cover and marinate in the refrigerator for at least ½ hour or for up to 8 hours.
2. Preheat oven to 425°F. Line a baking sheet with foil. Set a wire rack on the baking sheet and coat it with cooking spray.
3. Whisk flour, sesame seeds, paprika, thyme, baking powder, salt and pepper in a small bowl. Place the flour mixture in a paper bag or large sealable plastic bag. Shaking off excess marinade, place one or two pieces of chicken at a time in the bag and shake to coat. Shake off excess flour and place chicken on the prepared rack. (Discard any leftover flour mixture and marinade.) Spray chicken pieces with cooking spray.
4. Bake the chicken until golden brown and no longer pink in the center, 40-50 minutes.

MAKES 4 SERVINGS.

PER SERVING: 227 CALORIES; 7 G FAT (2 G SAT, 2 G MONO); 130 MG CHOLESTEROL; 5 G CARBOHYDRATE; 34 G PROTEIN; 1 G FIBER; 262 MG SODIUM; TK MG POTASSIUM. **NUTRITION BONUS:** POTASSIUM (21% DAILY VALUE).

Chicken Divan

ACTIVE TIME: 30 MINUTES | **TOTAL:** 1 HOUR

Once the signature dish of a New York restaurant, the Divan Parisienne, Chicken Divan became a party favorite. Here, its richer elements are streamlined, without sacrificing taste.

- 1½ pounds boneless, skinless chicken breast
- 1 tablespoon extra-virgin olive oil
- 2 cups diced leek, white and light green parts only (about 1 large)
- ½ teaspoon salt
- 5 tablespoons all-purpose flour
- 1 14-ounce can reduced-sodium chicken broth
- 1 cup 1% milk
- 2 tablespoons dry sherry
- ½ teaspoon dried thyme
- ½ teaspoon freshly ground pepper
- 2 10-ounce boxes frozen chopped broccoli, thawed, or 1 pound broccoli crowns, chopped
- 1 cup grated Parmesan cheese, divided
- ¼ cup reduced-fat mayonnaise
- 2 teaspoons Dijon mustard



1. Preheat oven to 375 degrees F. Coat a 7-by-11-inch (2 quart) glass baking dish with cooking spray.
2. Place chicken in a medium skillet or saucepan and add lightly salted water to cover. Bring to a simmer over high heat. Cover, reduce heat to low and simmer gently until the chicken is cooked through and no longer pink in the center, 10 to 12 minutes. Drain and slice into bite-size pieces.
3. Heat oil in a large nonstick skillet over medium-high heat. Add leek and salt and cook, stirring often, until softened but not browned, 3 to 4 minutes. Add flour; stir to coat. Add broth, milk, sherry, thyme and pepper and bring to a simmer, stirring constantly. Add broccoli; return to a simmer. Remove from heat and stir in ½ cup Parmesan, mayonnaise and mustard.
4. Spread half the broccoli mixture in the prepared baking dish. Top with the chicken, then the remaining broccoli mixture. Sprinkle evenly with the remaining ½ cup Parmesan. Bake until bubbling, 20 to 25 minutes. Let cool for 10 minutes before serving.

MAKES 6 SERVINGS, ABOUT 1⅓ CUPS EACH.

PER SERVING: 312 CALORIES; 11 G FAT (4 G SAT, 4 G MONO); 76 MG CHOLESTEROL; 19 G CARBOHYDRATE; 35 G PROTEIN; 4 G FIBER; 652 MG SODIUM; 402 MG POTASSIUM. **NUTRITION BONUS:** VITAMIN C (70% DAILY VALUE), VITAMIN A (35% DV), CALCIUM (30% DV), FOLATE (19% DV).

Creamy Tarragon Chicken Salad

ACTIVE TIME: 30 MINUTES | **TOTAL:** 1¾ HOURS | **TO MAKE AHEAD:** Bake the chicken (Steps 1-2) and refrigerate for up to 2 days. Cover and refrigerate the salad for up to 1 day; add the nuts just before serving.

Mound this creamy and satisfying chicken salad on a bed of salad greens or scoop onto a soft whole-wheat roll.

- 2 pounds boneless, skinless chicken breasts,**
trimmed of fat
- 1 cup reduced-sodium chicken broth**
- ⅓ cup walnuts, chopped**
- ⅔ cup reduced-fat sour cream**
- ½ cup reduced-fat mayonnaise**
- 1 tablespoon dried tarragon**
- ½ teaspoon salt**
- ½ teaspoon freshly ground pepper**
- 1½ cups diced celery**
- 1½ cups halved red seedless grapes**



- 1.** Preheat oven to 450°F.
- 2.** Arrange chicken in a glass baking dish large enough to hold it in a single layer. Pour broth around the chicken. Bake the chicken until no longer pink in the center and an instant-read thermometer inserted in the thickest part of the breast registers 170°F, 30 to 35 minutes. Transfer the chicken to a cutting board until cool enough to handle, then cut into cubes. (Discard broth or save for another use.)
- 3.** Meanwhile, spread walnuts on a baking sheet and toast in the oven until lightly golden and fragrant, about 6 minutes. Let cool.
- 4.** Stir sour cream, mayonnaise, tarragon, salt and pepper together in a large bowl. Add celery, grapes, the chicken and walnuts; stir to coat. Refrigerate until chilled, at least 1 hour.

MAKES 8 SERVINGS, 1 CUP EACH.

PER SERVING: 227 CALORIES; 10 G FAT (3 G SAT, 2 G MONO); 70 MG CHOLESTEROL; 10 G CARBOHYDRATE; 25 G PROTEIN; 1 G FIBER; 357 MG SODIUM; 368 MG POTASSIUM. **NUTRITION BONUS:** SELENIUM (30% DAILY VALUE).

Turkey Potpie

ACTIVE TIME: 15 minutes | **TOTAL:** 1 hour 5 minutes

The familiar blend of poultry, vegetables and pastry is a comforting part of American food culture, but traditional versions are not as nourishing as the cozy name implies. Our enlightened potpie uses reduced-fat sour cream to make a rich sauce and tops the filling with scrumptious whole-wheat buttermilk biscuits.

FILLING

- 3 teaspoons canola oil, divided
- 1 cup frozen small onions, thawed
- 1 cup peeled baby carrots
- 10 ounces cremini mushrooms, wiped clean and halved
- 2½ cups reduced-sodium chicken broth, divided
- ¼ cup cornstarch
- 2½ cups diced cooked turkey or chicken
- 1 cup frozen peas, thawed
- ¼ cup reduced-fat sour cream
- ¼ teaspoon salt, or to taste
- Freshly ground pepper to taste

BISCUIT TOPPING

- ¾ cup whole-wheat pastry flour
- ¾ cup all-purpose flour
- 2 teaspoons sugar
- 1¼ teaspoons baking powder
- ½ teaspoon baking soda
- ½ teaspoon salt
- 1 teaspoon dried thyme
- 1½ tablespoons cold butter, cut into small pieces
- 1 cup buttermilk or equivalent buttermilk powder (*see Tip*)
- 1 tablespoon canola oil



1. TO PREPARE FILLING: Heat 1 teaspoon oil in a large skillet or Dutch oven over medium-high heat. Add onions and carrots; cook, stirring, until golden brown and tender, about 7 minutes. Transfer to a bowl. Heat the remaining 2 teaspoons oil in the pan over medium-high heat. Add mushrooms and cook, stirring often, until browned and their liquid has evaporated, 5 to 7 minutes. Return the onions and carrots to the pan. Add 2 cups broth and bring to a boil; reduce heat to a simmer. Mix cornstarch with the remaining ½ cup broth; add to the pan and cook, stirring, until the sauce thickens. Stir in turkey (or chicken), peas, sour cream, salt and pepper. Transfer the filling to a 2-quart baking dish.

2. TO PREPARE BISCUIT TOPPING & BAKE POTPIE: Preheat oven to 400°F. Whisk whole-wheat flour, all-purpose flour, sugar, baking powder, baking soda, salt and thyme in a large bowl. Using your fingertips or 2 knives, cut butter into the dry ingredients until crumbly. Add buttermilk and oil; stir until just combined. Drop the dough onto the filling in 5 or 6 even portions. Set the baking dish on a baking sheet.

3. Bake the potpie until the topping is golden and the filling is bubbling, 30 to 35 minutes. Let cool for 10 minutes; serve.

MAKES 6 SERVINGS.

PER SERVING: 375 CALORIES; 11 G FAT (4 G SAT, 4 G MONO); 55 MG CHOLESTEROL; 39 G CARBOHYDRATE; 26 G PROTEIN; 4 G FIBER; 666 MG SODIUM; TK MG POTASSIUM. **NUTRITION BONUS:** VITAMIN A (70% DAILY VALUE), FIBER (16% DV).

SUBSTITUTION TIP:

To replace 1 cup fresh buttermilk in a recipe with powdered buttermilk, mix 4 tablespoons in with the dry ingredients and add 1 cup water to the wet ingredients.

EatingWell's Pepperoni Pizza

ACTIVE TIME: 15 MINUTES | **TOTAL:** 35 MINUTES | **TO MAKE AHEAD:** Use leftover tomato sauce and pumpkin to make a second batch of pizza sauce. Refrigerate for up to 5 days or freeze for 3 months.

Pizza is usually so high in saturated fat and sodium that it's earned a top spot on the "heart attack to go" food list. But our whole-wheat pizza, topped with a sauce that provides extra beta carotene and fiber (thanks to the addition of pumpkin puree), is both healthy and flavorful. We tested the recipe using low-fat turkey pepperoni, but try your favorite sliced vegetables as optional toppings.

- 1 pound prepared whole-wheat pizza dough, thawed if frozen
- 1 cup canned unseasoned pumpkin puree
- 1/2 cup canned no-salt tomato sauce
- 1/2 teaspoon garlic powder
- 1 cup shredded part-skim mozzarella
- 1/2 cup grated Parmesan cheese
- 2 ounces turkey pepperoni (1/2 cup)



1. Place oven rack in the lowest position; preheat to 450°F. Coat a large baking sheet with cooking spray.
2. Roll out dough on a lightly floured surface to the size of the baking sheet. Transfer to the baking sheet. Bake until puffed and lightly crisped on the bottom, 8 to 10 minutes.
3. Whisk pumpkin puree, tomato sauce and garlic powder in a small bowl until combined.
4. Spread sauce evenly over the baked crust. Top with mozzarella, Parmesan and pepperoni. Bake until the crust is crispy on the edges and the cheeses have melted, about 12 minutes.

MAKES 6 SERVINGS.

PER SERVING: 280 CALORIES; 6 G FAT (3 G SAT, 2 G MONO); 30 MG CHOLESTEROL; 35 G CARBOHYDRATE; 16 G PROTEIN; 3 G FIBER; 597 MG SODIUM; 145 MG POTASSIUM. **NUTRITION BONUS:** VITAMIN A (120% DAILY VALUE), CALCIUM (25% DV).

Blue Ribbon Meatloaf

ACTIVE TIME: 10 MINUTES | **TOTAL:** 2 HOURS

In revisiting this classic, we put the meat back in the “loaf” by using ultra-lean ground beef and turkey. With fresh whole-wheat breadcrumbs and beer-simmered sweet onions, you’ll never notice the missing fat.

- 2 teaspoons canola oil
- 1 medium sweet onion, chopped (2 cups)
- 1 12-ounce bottle dark or amber beer
- 1 teaspoon dried thyme leaves
- 1 teaspoon dry mustard
- 1/4 teaspoon salt
- Freshly ground pepper to taste
- 1 1/4 pounds lean ground beef
- 1 1/4 pounds lean ground turkey
- 1 cup fresh whole-wheat breadcrumbs (see *Tip*)
- 1/4 cup chopped fresh parsley
- 1 large egg, lightly beaten
- 1 egg white, lightly beaten



1. Preheat oven to 375°F. Coat an 8½-by-4½-inch loaf pan with cooking spray.
2. Heat oil in a large nonstick skillet over medium-high heat. Add onion and cook, stirring often, until translucent and starting to brown, about 5 minutes. Pour in beer and increase heat to high. Bring to a vigorous boil; cook until the liquid is quite syrupy and the mixture reduces to about ¾ cup, 8 to 10 minutes. Transfer to a large bowl. Stir in thyme, dry mustard, salt and pepper. Let cool for 10 minutes.
3. Add beef, turkey, breadcrumbs, parsley, beaten egg and egg white to the onion mixture. Mix thoroughly with clean hands and transfer to the prepared pan.
4. Bake the meatloaf until an instant-read thermometer registers 160° when inserted into the center, about 1 hour 20 minutes. Let rest for 5 minutes; drain accumulated liquid from the pan and slice. Serve hot or cold or in a sandwich.

MAKES 8 SERVINGS, ONE 1-INCH SLICE EACH.

PER SERVING: 275 CALORIES; 13 G FAT (4 G SAT, 4 G MONO); 104 MG CHOLESTEROL; 8 G CARBOHYDRATE; 29 G PROTEIN; 1 G FIBER; 353 MG SODIUM, TK MG POTASSIUM.

TIP:

To make fresh breadcrumbs: Trim crusts from firm sandwich bread. Tear bread into pieces and process in a food processor until coarse crumbs form. One slice of bread Makes about 1/3 cup crumbs.

No-Bake Macaroni & Cheese

ACTIVE TIME: 20 MINUTES | **TOTAL:** 25 MINUTES

Not only is this ultra-creamy version of mac-and-cheese nearly as fast as the boxed variety, but your family will be able to pronounce every ingredient. If they aren't broccoli fans, substitute a frozen vegetable of your choice.

- 8 ounces whole-wheat elbow noodles (2 cups)**
- 1 10-ounce package frozen chopped broccoli**
- 1³/₄ cups low-fat milk, divided**
- 3 tablespoons flour**
- 1/2 teaspoon garlic powder**
- 1/2 teaspoon salt**
- 1/4 teaspoon ground white pepper**
- 3/4 cup shredded extra-sharp Cheddar cheese**
- 1/4 cup shredded Parmesan cheese**
- 1 teaspoon Dijon mustard**



1. Bring a large pot of water to a boil. Cook pasta for 4 minutes. Add frozen broccoli and continue cooking, stirring occasionally, until the pasta and broccoli are just tender, 4 to 5 minutes more.

2. Meanwhile, heat 1¹/₂ cups milk in another large pot over medium-high heat until just simmering. Whisk the remaining 1/4 cup milk, flour, garlic powder, salt and pepper in a small bowl until combined. Add the flour mixture to the simmering milk; return to a simmer and cook, whisking constantly, until the mixture is thickened, 2 to 3 minutes. Remove from the heat and whisk in Cheddar, Parmesan and mustard until the cheese is melted.

3. Drain the pasta and broccoli and add to the cheese sauce. Return to the heat and cook, stirring, over medium-low heat, until heated through, about 1 minute.

MAKES 4 SERVINGS, 1¹/₄ CUPS EACH.

PER SERVING: 412 CALORIES; 13 G FAT (7 G SAT, 1 G MONO); 37 MG CHOLESTEROL; 56 G CARBOHYDRATE; 22 G PROTEIN; 7 G FIBER; 640 MG SODIUM; 236 MG POTASSIUM. **NUTRITION BONUS:** VITAMIN C (70% DAILY VALUE), CALCIUM (40% DV), FIBER (27% DV), VITAMIN A (25% DV), MAGNESIUM (16% DV).

Vegetarian Reubens with Russian Dressing

ACTIVE TIME: 10 MINUTES | **TOTAL:** 25 MINUTES | **TO MAKE AHEAD:** The dressing will keep, covered, in the refrigerator for up to 2 days.

This exceptional sandwich originated at Penny Cluse Cafe in Burlington, Vermont. The spinach, mushroom and onion filling is so satisfying, you won't even miss the corned beef.

RUSSIAN DRESSING

- 2 tablespoons reduced-fat mayonnaise
- 2 teaspoons ketchup
- 2 teaspoons chopped capers
- 1 teaspoon chopped pickle or relish

SANDWICHES

- 3 teaspoons extra-virgin olive oil, divided
- 1 small red onion, thinly sliced
- 1 cup sliced mushrooms
- 5 cups baby spinach
- Freshly ground pepper to taste
- 4 slices rye bread
- 1/2 cup shredded reduced-fat Swiss cheese, such as Jarlsberg Lite or Alpine Lace (2 ounces)
- 1/2 cup sauerkraut



1. To prepare Russian dressing: Whisk mayonnaise and ketchup in a small bowl until smooth. Stir in capers and pickle (or relish).
2. To prepare sandwiches: Heat 2 teaspoons oil in a large nonstick skillet over medium-high heat. Add onion and mushrooms; cook, stirring often, until the onion is softened, 4 minutes. Add spinach and cook, stirring, until it has wilted, 1 to 2 minutes. Transfer the mixture to a plate.
3. Coat the pan with the remaining 1 teaspoon oil and return to medium heat. Add the bread; divide cheese equally among the slices. Divide sauerkraut between 2 slices and divide the spinach mixture between the other 2 slices; cook until the cheese has melted and the bread is golden brown, 4 to 6 minutes. Transfer sandwich halves to a cutting board. Divide the dressing between the spinach halves. Carefully place the sauerkraut halves on top. Cut sandwiches in half and serve.

MAKES 2 SERVINGS.

PER SERVING: 380 CALORIES; 16 G FAT (3 G SAT, 7 G MONO); 15 MG CHOLESTEROL; 44 G CARBOHYDRATE; 16 G PROTEIN; 7 G FIBER; 931 MG SODIUM; TK MG POTASSIUM. **NUTRITION BONUS:** VITAMIN A (80% DAILY VALUE), VITAMIN C (45% DV), CALCIUM (40% DV), IRON (25% DV).

welcome to

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